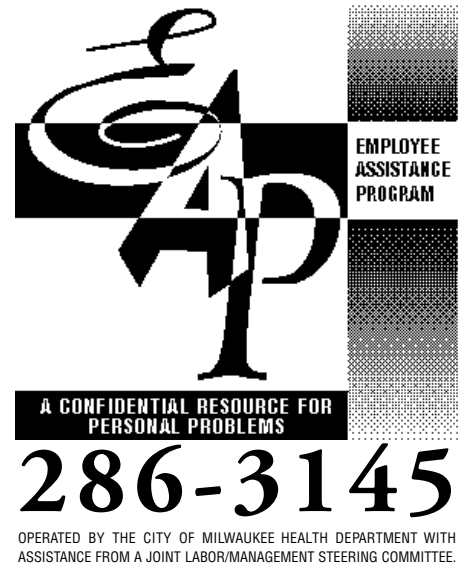


The EAP RESOURCE

THE "NO BULL" BULLETIN



What is EAP?

The **Employee Assistance Program (EAP)** provides confidential help to city workers and their **families** and deals with issues related to **stress, depression, alcohol/drugs, gambling, emotions, conflict, domestic violence, family and finances**. The EAP Counselor will listen, give advice, and put you in touch with medical, social services, or other helping agencies when specialized or long-term help is needed.

She Gone

I grabbed her hand, she clutched mine
There was no rope that we could find
Katrina raged, the waters roared
We could not hold on...
Now she gone

Life was hard, jobs were few
But her love, would see us through
The kids were fed, they played all day
When the levee broke...
She was swept away

Loving woman, heart of gold
Before she left, she bared her soul
"Save the children, give 'em your best
Now I must go...
To eternal rest"

She gone
She gone

*Bob Schweitzer
Mary Schweitzer © 2005*

Rose into the Darkness

A rose grows
into the obscure darkness of this era.
The pink petals fall
one by one over the black lake.
A pale pool is formed,
a pink face on the black death.
The wind flows,
it brings a shivery dance
to the feet of those
who are fighting hard
for their last hope.
A pink flower is the face of God
while petals flow
into the wind that smiles,
heavy smile,
like the one of the
Mona Lisa.

Maria Cristina Azcona © 2005 Argentina

"IN-HOUSE" Coordinator's Comments

*"My mother was a tailor, she sewed these old blue jeans
My daddy was a gambler, Lord, down in New Orleans"*

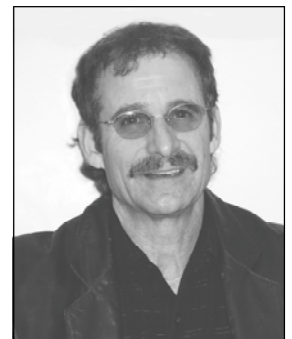
Gambling Problems

For most of the gambling industry's patrons, gambling is fun and a form of harmless entertainment, but for the 4-6% of gamblers who become problem gamblers it can be devastating, and negatively affect every aspect of their lives. Similar to cocaine and other drugs, the compulsive gambler is chasing a high that is short-lived and never satisfies.

If you have questions about your own or someone else's gambling, please take the following quiz.

1. Are you preoccupied with gambling?
2. Do you need to gamble with increasing amounts of money in order to achieve the desired excitement?
3. Have you made repeated unsuccessful efforts to control, cut back, or stop gambling?
4. Are you restless or irritable when attempting to cut down or stop gambling?
5. Do you gamble as a way of escaping from problems or of relieving feelings of helplessness, guilt, anxiety, or depression?
6. After losing money gambling, do you often return another day to get even?
7. Do you lie to family members, therapists, or others to conceal the extent of your involvement with gambling?
8. Have you committed illegal acts such as forgery, fraud, theft, or embezzlement to finance gambling?
9. Have you jeopardized or lost a significant relationship, job or educational/career opportunity as a result of gambling?
10. Do you rely on others to provide money to relieve a desperate financial situation caused by gambling?

"Yes" answers to three or more questions may indicate problem gambling. If you need to talk about your own or someone else's gambling call me at 286-3145. There are resources that can help you!



*Bob Schweitzer,
EAP Coordinator*

Questions adapted from DSM IV.

Are you a spouse,
child, other relative
or friend who
cares for or helps
an older adult?

You are a
family caregiver.



Are You a Caregiver?

For more information and brochures on this issue please call the EAP (286-3145) or call Family Caregivers directly at 220-8600.

Philosophy of Charles Schultz

The following is the philosophy of Charles Schultz, the creator of the "Peanuts" comic strip. You don't have to actually answer the questions. Just read straight through, and you'll get the point.

- Name the five wealthiest people in the world.
- Name the last five Heisman trophy winners.
- Name the last five winners of the Miss America contest.
- Name ten people who have won the Nobel or Pulitzer Prize.
- Name the last half dozen Academy Award winners for best actor and actress.
- Name the last decade's worth of World Series winners.

How did you do? The point is, none of us remembers the headliners of yesterday. These are no second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners. Here's another quiz. See how you do on this one:

- List a few teachers who aided your journey through school.
- Name three friends who have helped you through a difficult time.
- Name five people who have taught you something worthwhile.
- Think of a few people who have made you feel appreciated and special.
- Think of five people you enjoy spending time with.

Easier? The lesson is, people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care.

*Submitted by Cathy Stroschin from the
Comptroller's office*

The Zen of Eating

by Janelle A. Fuchs, Dietetic Intern, City of Milwaukee Health Department

What did you have for breakfast yesterday? Did you pay attention to what you grabbed on the way out the door? Perhaps you always have the same thing (or nothing), despite what your body tells you it needs. We eat for many reasons: because it is lunchtime, because others are eating, because we're tired, bored, sad, lonely, or even because it's free. These examples of mindless eating can be a huge barrier to weight loss.

Eating is meant to be a pleasing experience. Mindful eating is a technique you can use to focus your mind on the real roots of hunger, stop fighting with your body, and find joy in the foods you choose.

Mindfulness is about being present – in your life, your surroundings, your senses, and your emotions. It is learning to recognize different kinds of hunger and make choices. It is allowing yourself to taste and enjoy foods once again without labeling them as "good" or "bad." Being mindful is trusting your body to tell you when and what it needs, and learning to see those signals. Here are a few steps to help you stay mindful during meals:

Stop and listen to your body's messages before going to the kitchen. Are you hungry? Thirsty? What emotions are you feeling? Is there something besides food that you may be craving?

Choose foods that will satisfy you. If you are truly hungry (which happens every day!), decide what might satisfy your hunger at the moment: something crunchy, fresh, warm, light, or sweet?

Sit down to eat in a calm place. This does not include your car. Turn off the TV and the laptop, and don't read the mail.

Eat what you want, slowly. Focus on the taste, texture, or warmth of the foods. Savor each bite. Chew the food without thoughts on work, projects, or problems. Notice how your body feels.

Eat until satisfaction. At some point, your body will tell you when it's had enough. It is important to be mindful so you don't miss that signal. Eating past this point is no longer feeding the body, but another need you may want to identify.

A few more tips:

- Spend time preparing food at least once a day, and take pride in eating those foods.
- Try to make a meal last for 20 minutes, and stick with the portions you put on your plate. Notice your satisfaction – did one plate fill you up?
- Eat with chopsticks, or with your left hand if you are right handed. You are guaranteed to be paying more attention.
- Practice mindful eating with small morsels like M&Ms or raisins. See how long you can savor one piece in your mouth.

"There are some people who eat an orange but don't really eat it. They eat their sorrow, fear, anger, past, and future."

Thich Nhat Hanh (Buddhist teacher)

Milwaukee EAP website

To electronically access more information about the City EAP and educational materials regarding many mental health and alcohol and drug problems, just enter "Milwaukee EAP" into your search engine.

The City of Milwaukee Health Department in its capacity as an employer and service provider does not discriminate on the basis of age, race, religion, color, gender, national origin, arrest or conviction record, sexual orientation, marital status, disability, political belief or affiliation, or military participation. Persons needing disability assistance information, language assistance, or interpreter services please call 414-286-3524 or (TTY) 414-286-2025. Discrimination claims may be filed with the Department's Equal Opportunity Coordinator by calling 414-286-2359.



Tom Barrett, Mayor
Bevan K. Baker,
Commissioner of Health
www.milwaukee.gov/health